

Spit Test (potential candida indicator test)

Before going to bed, place a clear glass full of water on your bathroom counter or wherever you go first thing in the morning when you wake up. This will help remind you to do this test when you see the glass so you don't brush your teeth first. Make sure the glass is see-through so you can see what's going on inside. Immediately upon waking, swallow the saliva in your mouth and bring up some new saliva. Let it drop gently into the glass on top of the water. Now watch what happens. You're looking to see if the saliva floats on top of the water or if it starts to string down into the water. Watch for 30 seconds or so. If it strings down, notice how quickly it happened.